

BLOCK

1

BACK HYPERTROPHY PROGRAM: WEEK 1

STRENGTH FOCUS

BACK DAY 1	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
RACK PULL (BELOW KNEE)	3	6-8	2:1:1:1	7.5	2.5	SET UP BARBELL JUST BELOW THE KNEE, USE STRAPS AND A BELT AS NEEDED	N
1-ARM LAT PULL IN	2	12-15	2:0:2:0	7	0.5	PREACTIVATION, SMOOTH AND CONTROLLED REPS, GET A SLIGHT PUMP WITH LIGHT WEIGHT, DRIVE ELBOWS DOWN	N
WIDE GRIP PULL UP	4	6-8	2:0:1:0	8	2.5	1.5X SHOULDER WIDTH GRIP, VERY SLIGHT LEAN BACK, CONTROLLED REPS, ADD OR REMOVE RESISTANCE AS NEEDED	N
CHEST SUPPORTED T-BAR ROW	3	6-8	2:0:1:0	8	2.0	KEEP CHEST PINNED TO SUPPORT PAD, FULL STRETCH AT BOTTOM, SQUEEZE SHOULDER BLADES AT TOP	N
B1. HALF KNEELING MOTO ROW	2	10-12	2:0:1:0	9	0.0	BRACE NON-ROWING HAND AGAINST KNEE FOR SUPPORT, LAT FOCUS: DRIVE ELBOW "DOWN AND BACK"	N
B2. HALF LYING MOTO ROW	2	10-12	2:0:1:0	9.5	1.0	SUPERSET WITH B1 ONE ARM AT A TIME, LIE ON STOMACH AND PULL CABLE "IN" TOWARD SIDES	Y
ROPE FACEPULL (SCAPULAR RETRACTION)	3	15-20	2:0:1:0	9	1.0	SET UP CABLES 6 IN. ABOVE EYE LEVEL AND PULL TO THE EYES, RETRACT SHOULDER BLADES, THINK OF AS A "HIGH ROW"	N

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

BACK DAY 2	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
ROPE PULLOVER	2	15-20	2:0:2:0	7	0.5	KEEP ELBOWS TUCKED IN AT SIDES, DRIVE ELBOWS DOWN AND SLIGHTLY BACK, SMOOTH TEMPO	N
BENT OVER BARBELL ROW (7'S)	3	7+7	2:0:1:0	9	2.0	OVERHAND, 1.5X SHOULDER WIDTH GRIP, 45 DEGREE BEND AT HIPS, 7 REPS FULL ROM, 7 REPS BOTTOM 1/2 ROM	N
CLOSE GRIP SEATED CABLE ROW	3	12-15	2:0:1:0	8	1.5	RETRACT SCAPULAE ON EACH REP, FULL STRETCH ON LATS AT THE BOTTOM, KEEP LOWER BACK ENGAGED ON THE CONCENTRIC AND CORE TIGHT	N
OMNI-GRIP LAT PULLDOWN	3	12-15	2:0:1:0	8	1.5	3 DIFF. WIDTHS FOR 3 SETS: 2X SHOULDER WIDTH, THEN 1.5X SHOULDER WIDTH, THEN 1X SHOULDER WIDTH (ALL OVERHAND TO THE FRONT)	N
C1. CABLE ROPE UPRIGHT ROW	3	15-20	2:0:1:0	8	0.0	STOP ROM ONCE ELBOWS REACH SHOULDER HEIGHT, LEAN SLIGHTLY BACK AND ENGAGE UPPER TRAPS	N
C2. ROPE FACEPULL (EXTERNAL ROTATION)	3	15-20	2:0:1:0	9	1.0	SET UP AT EYE LEVEL, PULL ROPE "UP AND OUT" LIKE IN A BACK DOUBLE BICEP	Y
LOWER BACK EXTENSION (REVERSE PYRAMID)	3	10,15,20	2:0:1:0	9.5	1.5	HEAVY WEIGHT FOR 10 REPS, THEN DROP WEIGHT BACK AND INCREASE REPS FOR NEXT 2 SETS USING RPE TO GAUGE WEIGHT	N
POWER SHRUG (OPTIONAL)	4	15-20	1:1:1:0	9	2.0	TO BE PERFORMED AT THE BEGINNING OF THE WORKOUT, USE MODERATE LEG DRIVE AND SHRUG UP TO YOUR EARS, STRETCH ON TRAPS AT THE BOTTOM	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

SUPPLEMENTAL

	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
WIDE GRIP PULL UP (CLUSTER SETS)	4	3	2:1:1:1	8	0.5	NOTE SHORT REST TIMES, 1.5X SHOULDER WIDTH GRIP, VERY SLIGHT LEAN BACK, AIM TOP USE WEIGHTED RESISTANCE HERE, INITIATE REPS FROM A DEAD HANG AND HOLD FOR 1 SECOND AT THE TOP	N
WIDE GRIP SEATED CABLE ROW (CLUSTER SETS)	8	3	1:0:1:0	8.5	0.5	NOTE SHORT REST TIMES, WIDE GRIP, NEUTRAL GRIP, HEAVY WEIGHT HERE WITH GOOD CONTROL	N

TOTAL WEEKLY VOLUME	51
ACTUALIZED WEEKLY BACK VOLUME	23

TOTAL TRAINING TIME:

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

BLOCK

1

BACK HYPERTROPHY PROGRAM: WEEK 2

STRENGTH FOCUS

BACK DAY 1	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
RACK PULL (BELOW KNEE)	3	6-8	2:1:1:1	7.5	2.5	SET UP BARBELL JUST BELOW THE KNEE, USE STRAPS AND A BELT AS NEEDED	N
1-ARM LAT PULL IN	2	12-15	2:0:2:0	7	0.5	PREACTIVATION, SMOOTH AND CONTROLLED REPS, GET A SLIGHT PUMP WITH LIGHT WEIGHT, DRIVE ELBOWS DOWN	N
WIDE GRIP LAT PULLDOWN	4	6-8	2:0:1:0	8	2.5	1.5X SHOULDER WIDTH GRIP, SLIGHT LEAN BACK, CONTROLLED REPS, ADD OR REMOVE RESISTANCE AS NEEDED	N
SMITH MACHINE ROW	3	8-10	2:0:1:0	8	2.0	SET UP SMITH MACHINE ON LOWEST SETTING AND PERFORM CONTROLLED ROWS, BACK ANGLE SHOULD BE CLOSER TO 90 (PENDLAY POSITION)	N
B1. HALF KNEELING MOTO ROW	2	10-12	2:0:1:0	9	0.0	BRACE NON-ROWING HAND AGAINST KNEE FOR SUPPORT, LAT FOCUS: DRIVE ELBOW "DOWN AND BACK"	N
B2. HALF LYING MOTO ROW	2	10-12	2:0:1:0	9.5	1.0	SUPERSET WITH B1 ONE ARM AT A TIME, LIE ON STOMACH AND PULL CABLE "IN" TOWARD SIDES	Y
ROPE FACEPULL (SCAPULAR RETRACTION)	3	15-20	2:0:1:0	9	1.0	SET UP CABLES 6 IN. ABOVE EYE LEVEL AND PULL TO THE EYES, RETRACT SHOULDER BLADES, THINK OF AS A "HIGH ROW"	N

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

BACK DAY 2	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
ROPE PULLOVER	2	15-20	2:0:2:0	7	0.5	KEEP ELBOWS TUCKED IN AT SIDES, DRIVE ELBOWS DOWN AND SLIGHTLY BACK, SMOOTH TEMPO	N
BENT OVER BARBELL ROW (7'S)	3	7+7	2:0:1:0	9	2.0	OVERHAND, 1.5X SHOULDER WIDTH GRIP, 45 DEGREE BEND AT HIPS, 7 REPS FULL ROM, 7 REPS BOTTOM 1/2 ROM	N
MEADOWS ROW	3	12-15	2:0:1:0	8	1.5	12-15 REPS EACH SIDE, USE STRAPS AS NEEDED, USE OPPOSITE HAND FOR SUPPORT ON KNEE	Y
OMNI-GRIP LAT PULLDOWN	3	12-15	2:0:1:0	8	1.5	3 DIFF. WIDTHS FOR 3 SETS: 2X SHOULDER WIDTH, THEN 1.5X SHOULDER WIDTH, THEN 1X SHOULDER WIDTH (ALL OVERHAND TO THE FRONT)	Y
C1. CABLE ROPE UPRIGHT ROW	3	15-20	2:0:1:0	8	0.0	STOP ROM ONCE ELBOWS REACH SHOULDER HEIGHT, LEAN SLIGHTLY BACK AND ENGAGE UPPER TRAPS	N
C2. ROPE FACEPULL (EXTERNAL ROTATION)	3	15-20	2:0:1:0	9	1.0	SET UP AT EYE LEVEL, PULL ROPE "UP AND OUT" LIKE IN A BACK DOUBLE BICEP	N
LOWER BACK EXTENSION (REVERSE PYRAMID)	3	10,15,20	2:0:1:0	9.5	1.5	HEAVY WEIGHT FOR 10 REPS, THEN DROP WEIGHT BACK AND INCREASE REPS FOR NEXT 2 SETS USING RPE TO GUAGE WEIGHT	N
POWER SHRUG (OPTIONAL)	4	15-20	1:1:1:0	9	2.0	TO BE PERFORMED AT THE BEGINNING OF THE WORKOUT, USE MODERATE LEG DRIVE AND SHRUG UP TO YOUR EARS, STRETCH ON TRAPS AT THE BOTTOM	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

SUPPLEMENTAL

	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
WIDE GRIP PULL UP (CLUSTER SETS)	4	3	2:1:1:1	8	0.5	NOTE SHORT REST TIMES, 1.5X SHOULDER WIDTH GRIP, VERY SLIGHT LEAN BACK, AIM TOP USE WEIGHTED RESISTANCE HERE, INITIATE REPS FROM A DEAD HANG AND HOLD FOR 1 SECOND AT THE TOP	N
WIDE GRIP SEATED CABLE ROW (CLUSTER SETS)	8	3	1:0:1:0	8.5	0.5	NOTE SHORT REST TIMES, WIDE GRIP, NEUTRAL GRIP, HEAVY WEIGHT HERE WITH GOOD CONTROL	N

TOTAL WEEKLY VOLUME	51	TOTAL TRAINING TIME:	<div></div>
ACTUALIZED WEEKLY BACK VOLUME	23		

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

BLOCK

1

BACK HYPERTROPHY PROGRAM: WEEK 3

STRENGTH FOCUS

BACK DAY 1	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
RACK PULL (BELOW KNEE)	3	6-8	2:1:1:1	7.5	2.5	SET UP BARBELL JUST BELOW THE KNEE, USE STRAPS AND A BELT AS NEEDED	N
1-ARM LAT PULL IN	2	12-15	2:0:2:0	7	0.5	PREACTIVATION, SMOOTH AND CONTROLLED REPS, GET A SLIGHT PUMP WITH LIGHT WEIGHT, DRIVE ELBOWS DOWN	N
WIDE GRIP PULL UP	4	6-8	2:0:1:0	9	2.5	1.5X SHOULDER WIDTH GRIP, VERY SLIGHT LEAN BACK, CONTROLLED REPS, ADD OR REMOVE RESISTANCE AS NEEDED	N
CHEST SUPPORTED T-BAR ROW	3	6-8	2:0:1:0	9	2.0	KEEP CHEST PINNED TO SUPPORT PAD, FULL STRETCH AT BOTTOM, SQUEEZE SHOULDER BLADES AT TOP	N
B1. HALF KNEELING MOTO ROW	2	10-12	2:0:1:0	9	0.0	BRACE NON-ROWING HAND AGAINST KNEE FOR SUPPORT, LAT FOCUS: DRIVE ELBOW "DOWN AND BACK"	N
B2. HALF LYING MOTO ROW	2	10-12	2:0:1:0	9.5	1.0	SUPERSET WITH B1 ONE ARM AT A TIME, LIE ON STOMACH AND PULL CABLE "IN" TOWARD SIDES	Y
ROPE FACEPULL (SCAPULAR RETRACTION)	3	15-20	2:0:1:0	9	1.0	SET UP CABLES 6 IN. ABOVE EYE LEVEL AND PULL TO THE EYES, RETRACT SHOULDER BLADES, THINK OF AS A "HIGH ROW"	N

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

BACK DAY 2	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
ROPE PULLOVER	2	15-20	2:0:2:0	7	0.5	KEEP ELBOWS TUCKED IN AT SIDES, DRIVE ELBOWS DOWN AND SLIGHTLY BACK, SMOOTH TEMPO	N
BENT OVER BARBELL ROW (7'S)	3	7+7	2:0:1:0	9	2.0	OVERHAND, 1.5X SHOULDER WIDTH GRIP, 45 DEGREE BEND AT HIPS, 7 REPS FULL ROM, 7 REPS BOTTOM 1/2 ROM	N
CLOSE GRIP SEATED CABLE ROW	4	12-15	2:0:1:0	8	1.5	RETRACT SCAPULAE ON EACH REP, FULL STRETCH ON LATS AT THE BOTTOM, KEEP LOWER BACK ENGAGED ON THE CONCENTRIC AND CORE TIGHT	Y
OMNI-GRIP LAT PULLDOWN	3	12-15	2:0:1:0	9	1.5	3 DIFF. WIDTHS FOR 3 SETS: 2X SHOULDER WIDTH, THEN 1.5X SHOULDER WIDTH, THEN 1X SHOULDER WIDTH (ALL OVERHAND TO THE FRONT)	Y
C1. CABLE ROPE UPRIGHT ROW	3	15-20	2:0:1:0	9	0.0	STOP ROM ONCE ELBOWS REACH SHOULDER HEIGHT, LEAN SLIGHTLY BACK AND ENGAGE UPPER TRAPS	N
C2. ROPE FACEPULL (EXTERNAL ROTATION)	3	15-20	2:0:1:0	9	1.0	SET UP AT EYE LEVEL, PULL ROPE "UP AND OUT" LIKE IN A BACK DOUBLE BICEP	N
LOWER BACK EXTENSION (REVERSE PYRAMID)	3	10,15,20	2:0:1:0	9.5	1.5	HEAVY WEIGHT FOR 10 REPS, THEN DROP WEIGHT BACK AND INCREASE REPS FOR NEXT 2 SETS USING RPE TO GAUGE WEIGHT	N
POWER SHRUG (OPTIONAL)	4	15-20	1:1:1:0	9	2.0	TO BE PERFORMED AT THE BEGINNING OF THE WORKOUT, USE MODERATE LEG DRIVE AND SHRUG UP TO YOUR EARS, STRETCH ON TRAPS AT THE BOTTOM	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

SUPPLEMENTAL

	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
WIDE GRIP PULL UP (CLUSTER SETS)	4	4	2:1:1:1	8	0.5	NOTE SHORT REST TIMES, 1.5X SHOULDER WIDTH GRIP, VERY SLIGHT LEAN BACK, AIM TOP USE WEIGHTED RESISTANCE HERE, INITIATE REPS FROM A DEAD HANG AND HOLD FOR 1 SECOND AT THE TOP	N
WIDE GRIP SEATED CABLE ROW (CLUSTER SETS)	6	4	1:0:1:0	8.5	0.5	NOTE SHORT REST TIMES, WIDE GRIP, NEUTRAL GRIP, HEAVY WEIGHT HERE WITH GOOD CONTROL	N

TOTAL WEEKLY VOLUME	51
ACTUALIZED WEEKLY BACK VOLUME	23.5

TOTAL TRAINING TIME:

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

BLOCK

1

BACK HYPERTROPHY PROGRAM: WEEK 4

STRENGTH FOCUS

BACK DAY 1	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
RACK PULL (BELOW KNEE)	3	6-8	2:1:1:1	7.5	2.5	SET UP BARBELL JUST BELOW THE KNEE, USE STRAPS AND A BELT AS NEEDED	N
1-ARM LAT PULL IN	2	12-15	2:0:2:0	7	0.5	PREACTIVATION, SMOOTH AND CONTROLLED REPS, GET A SLIGHT PUMP WITH LIGHT WEIGHT, DRIVE ELBOWS DOWN	N
WIDE GRIP LAT PULLDOWN	4	6-8	2:0:1:0	9	2.5	1.5X SHOULDER WIDTH GRIP, SLIGHT LEAN BACK, CONTROLLED REPS, ADD OR REMOVE RESISTANCE AS NEEDED	N
SMITH MACHINE ROW	3	8-10	2:0:1:0	9	2.0	SET UP SMITH MACHINE ON LOWEST SETTING AND PERFORM CONTROLLED ROWS, BACK ANGLE SHOULD BE CLOSER TO 90 (PENDLAY POSITION)	N
B1. HALF KNEELING MOTO ROW	2	10-12	2:0:1:0	9	0.0	BRACE NON-ROWING HAND AGAINST KNEE FOR SUPPORT, LAT FOCUS: DRIVE ELBOW "DOWN AND BACK"	N
B2. HALF LYING MOTO ROW	2	10-12	2:0:1:0	9.5	1.0	SUPERSET WITH B1 ONE ARM AT A TIME, LIE ON STOMACH AND PULL CABLE "IN" TOWARD SIDES	Y
ROPE FACEPULL (SCAPULAR RETRACTION)	3	15-20	2:0:1:0	9	1.0	SET UP CABLES 6 IN. ABOVE EYE LEVEL AND PULL TO THE EYES, RETRACT SHOULDER BLADES, THINK OF AS A "HIGH ROW"	N

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

BACK DAY 2	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
ROPE PULLOVER	2	15-20	2:0:2:0	7	0.5	KEEP ELBOWS TUCKED IN AT SIDES, DRIVE ELBOWS DOWN AND SLIGHTLY BACK, SMOOTH TEMPO	N
BENT OVER BARBELL ROW (7'S)	3	7+7	2:0:1:0	9	2.0	OVERHAND, 1.5X SHOULDER WIDTH GRIP, 45 DEGREE BEND AT HIPS, 7 REPS FULL ROM, 7 REPS BOTTOM 1/2 ROM	N
MEADOWS ROW	4	12-15	2:0:1:0	8	1.5	12-15 REPS EACH SIDE, USE STRAPS AS NEEDED, USE OPPOSITE HAND FOR SUPPORT ON KNEE	Y
OMNI-GRIP LAT PULLDOWN	3	12-15	2:0:1:0	9	1.5	3 DIFF. WIDTHS FOR 3 SETS: 2X SHOULDER WIDTH, THEN 1.5X SHOULDER WIDTH, THEN 1X SHOULDER WIDTH (ALL OVERHAND TO THE FRONT)	Y
C1. CABLE ROPE UPRIGHT ROW	3	15-20	2:0:1:0	9	0.0	STOP ROM ONCE ELBOWS REACH SHOULDER HEIGHT, LEAN SLIGHTLY BACK AND ENGAGE UPPER TRAPS	N
C2. ROPE FACEPULL (EXTERNAL ROTATION)	3	15-20	2:0:1:0	9	1.0	SET UP AT EYE LEVEL, PULL ROPE "UP AND OUT" LIKE IN A BACK DOUBLE BICEP	N
LOWER BACK EXTENSION (REVERSE PYRAMID)	3	10,15,20	2:0:1:0	9.5	1.5	HEAVY WEIGHT FOR 10 REPS, THEN DROP WEIGHT BACK AND INCREASE REPS FOR NEXT 2 SETS USING RPE TO GAUGE WEIGHT	N
POWER SHRUG (OPTIONAL)	4	15-20	1:1:1:0	9	2.0	TO BE PERFORMED AT THE BEGINNING OF THE WORKOUT, USE MODERATE LEG DRIVE AND SHRUG UP TO YOUR EARS, STRETCH ON TRAPS AT THE BOTTOM	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

SUPPLEMENTAL

	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
WIDE GRIP PULL UP (CLUSTER SETS)	4	4	2:1:1:1	8	0.5	NOTE SHORT REST TIMES, 1.5X SHOULDER WIDTH GRIP, VERY SLIGHT LEAN BACK, AIM TOP USE WEIGHTED RESISTANCE HERE, INITIATE REPS FROM A DEAD HANG AND HOLD FOR 1 SECOND AT THE TOP	N
WIDE GRIP SEATED CABLE ROW (CLUSTER SETS)	6	4	1:0:1:0	8.5	0.5	NOTE SHORT REST TIMES, WIDE GRIP, NEUTRAL GRIP, HEAVY WEIGHT HERE WITH GOOD CONTROL	N

TOTAL WEEKLY VOLUME	50
ACTUALIZED WEEKLY BACK VOLUME	23.5

TOTAL TRAINING TIME:

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

BLOCK

2

BACK HYPERTROPHY PROGRAM: WEEK 5

STRENGTH FOCUS

BACK DAY 1	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
RACK PULL (ABOVE KNEE)	3	5	2:1:1:1	7.5	2.5	SET UP BARBELL JUST ABOVE THE KNEE, USE STRAPS AND A BELT AS NEEDED	N
1-ARM LAT PULL IN	2	12-15	2:0:2:0	7	0.5	PREACTIVATION, SMOOTH AND CONTROLLED REPS, GET A SLIGHT PUMP WITH LIGHT WEIGHT, DRIVE ELBOWS DOWN	N
WIDE GRIP PULL UP	4	6-8	2:0:1:0	9	2.5	1.5X SHOULDER WIDTH GRIP, VERY SLIGHT LEAN BACK, CONTROLLED REPS, ADD OR REMOVE RESISTANCE AS NEEDED	N
CHEST SUPPORTED T-BAR ROW	3	6-8	2:0:1:0	9	2.0	KEEP CHEST PINNED TO SUPPORT PAD, FULL STRETCH AT BOTTOM, SQUEEZE SHOULDER BLADES AT TOP	Y
B1. HALF KNEELING MOTO ROW	3	10-12	2:0:1:0	9	0.0	BRACE NON-ROWING HAND AGAINST KNEE FOR SUPPORT, LAT FOCUS: DRIVE ELBOW "DOWN AND BACK"	N
B2. HALF LYING MOTO ROW	3	10-12	2:0:1:0	9.5	1.0	SUPERSET WITH B1 ONE ARM AT A TIME, LIE ON STOMACH AND PULL CABLE "IN" TOWARD SIDES	Y
ROPE FACEPULL (SCAPULAR RETRACTION)	3	15-20	2:0:1:0	9	1.0	SET UP CABLES 6 IN. ABOVE EYE LEVEL AND PULL TO THE EYES, RETRACT SHOULDER BLADES, THINK OF AS A "HIGH ROW"	Y

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

BACK DAY 2	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
ROPE PULLOVER	2	15-20	2:0:2:0	9	0.5	KEEP ELBOWS TUCKED IN AT SIDES, DRIVE ELBOWS DOWN AND SLIGHTLY BACK, SMOOTH TEMPO	N
BENT OVER BARBELL ROW	3	8+2	2:0:1:0	9	2.0	OVERHAND, 1.5X SHOULDER WIDTH GRIP, 45 DEGREE BEND AT HIPS, 8 REPS FULL CONTROL, 2 "CHEAT REPS" USING MODERATE MOMENTUM	N
CLOSE GRIP SEATED CABLE ROW	3	12-15	2:0:1:0	8	1.5	RETRACT SCAPULAE ON EACH REP, FULL STRETCH ON LATS AT THE BOTTOM, KEEP LOWER BACK ENGAGED ON THE CONCENTRIC AND CORE TIGHT	Y
CLOSE GRIP LAT PULLDOWN	3	12-15	2:0:1:0	9	1.5	CLOSE GRIP, NEUTRAL GRIP, DRIVE ELBOWS DOWN AND MINIMIZE BICEP INVOLVEMENT	Y
C1. 1 ARM DB UPRIGHT ROW	3	15-20	2:0:1:0	9	0.0	STOP ROM ONCE ELBOWS REACH SHOULDER HEIGHT, LEAN SLIGHTLY BACK AND ENGAGE UPPER TRAPS	N
C2. REVERSE CABLE CROSSOVER	3	15-20	2:0:1:0	9	1.0	SET UP AT EYE LEVEL, PULL ROPE "UP AND OUT" LIKE IN A BACK DOUBLE BICEP	Y
LOWER BACK EXTENSION (MYO-REP)	2	20+5X	2:0:1:0	10	1.0	DO 20 REPS, REST FOR 2-3 BREATHS, DO 5 MORE REPS, REPEAT UNTIL YOU CAN'T DO 5 REPS	Y
POWER SHRUG (OPTIONAL)	4	12-15	1:1:1:0	9	2.0	TO BE PERFORMED AT THE BEGINNING OF THE WORKOUT, USE MODERATE LEG DRIVE AND SHRUG UP TO YOUR EARS, STRETCH ON TRAPS AT THE BOTTOM	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

SUPPLEMENTAL

	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
WIDE GRIP PULL UP (CLUSTER SETS)	4	3	2:1:1:1	8	0.5	NOTE SHORT REST TIMES, 1.5X SHOULDER WIDTH GRIP, VERY SLIGHT LEAN BACK, AIM TOP USE WEIGHTED RESISTANCE HERE, INITIATE REPS FROM A DEAD HANG AND HOLD FOR 1 SECOND AT THE TOP	N
WIDE GRIP SEATED CABLE ROW (CLUSTER SETS)	8	3	1:0:1:0	8.5	0.5	NOTE SHORT REST TIMES, WIDE GRIP, NEUTRAL GRIP, HEAVY WEIGHT HERE WITH GOOD CONTROL	N

TOTAL WEEKLY VOLUME	51
ACTUALIZED WEEKLY BACK VOLUME	25

TOTAL TRAINING TIME:

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

BLOCK

2

BACK HYPERTROPHY

PROGRAM: WEEK 6

STRENGTH FOCUS

BACK DAY 1	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
RACK PULL (ABOVE KNEE)	3	4	2:1:1:1	8	2.5	SET UP BARBELL JUST ABOVE THE KNEE, USE STRAPS AND A BELT AS NEEDED	N
1-ARM LAT PULL IN	2	12-15	2:0:2:0	7	0.5	PREACTIVATION, SMOOTH AND CONTROLLED REPS, GET A SLIGHT PUMP WITH LIGHT WEIGHT, DRIVE ELBOWS DOWN	N
WIDE GRIP PULL UP	4	6-8	2:0:1:0	9	2.5	1.5X SHOULDER WIDTH GRIP, VERY SLIGHT LEAN BACK, CONTROLLED REPS, ADD OR REMOVE RESISTANCE AS NEEDED	N
CHEST SUPPORTED T-BAR ROW	3	6-8	2:0:1:0	9	2.0	KEEP CHEST PINNED TO SUPPORT PAD, FULL STRETCH AT BOTTOM, SQUEEZE SHOULDER BLADES AT TOP	Y
B1. HALF KNEELING MOTO ROW	3	10-12	2:0:1:0	9	0.0	BRACE NON-ROWING HAND AGAINST KNEE FOR SUPPORT, LAT FOCUS: DRIVE ELBOW "DOWN AND BACK"	N
B2. HALF LYING MOTO ROW	3	10-12	2:0:1:0	9.5	1.0	SUPERSET WITH B1 ONE ARM AT A TIME, LIE ON STOMACH AND PULL CABLE "IN" TOWARD SIDES	Y
ROPE FACEPULL (SCAPULAR RETRACTION)	3	15-20	2:0:1:0	9	1.0	SET UP CABLES 6 IN. ABOVE EYE LEVEL AND PULL TO THE EYES, RETRACT SHOULDER BLADES, THINK OF AS A "HIGH ROW"	Y

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

BACK DAY 2	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
ROPE PULLOVER	2	15-20	2:0:2:0	9	0.5	KEEP ELBOWS TUCKED IN AT SIDES, DRIVE ELBOWS DOWN AND SLIGHTLY BACK, SMOOTH TEMPO	N
T-BAR ROW (IN CORNER)	3	8+2	2:0:1:0	9	2.0	USE V-BAR ATTACHMENT, NEUTRAL GRIP, 45 DEGREE BEND AT HIPS, 8 REPS FULL CONTROL, 2 "CHEAT REPS" USING MODERATE MOMENTUM	N
CLOSE GRIP SEATED CABLE ROW	3	12-15	2:0:1:0	8	1.5	RETRACT SCAPULAE ON EACH REP, FULL STRETCH ON LATS AT THE BOTTOM, KEEP LOWER BACK ENGAGED ON THE CONCENTRIC AND CORE TIGHT	Y
CLOSE GRIP LAT PULLDOWN	3	12-15	2:0:1:0	9	1.5	CLOSE GRIP, NEUTRAL GRIP, DRIVE ELBOWS DOWN AND MINIMIZE BICEP INVOLVEMENT	Y
C1. CABLE ROPE UPRIGHT ROW	3	15-20	2:0:1:0	9	0.0	STOP ROM ONCE ELBOWS REACH SHOULDER HEIGHT, LEAN SLIGHTLY BACK AND ENGAGE UPPER TRAPS	N
C2. ROPE FACEPULL (EXTERNAL ROTATION)	3	15-20	2:0:1:0	9	1.0	SET UP AT EYE LEVEL, PULL ROPE "UP AND OUT" LIKE IN A BACK DOUBLE BICEP	Y
LOWER BACK EXTENSION (MYO-REP)	2	20+5X	2:0:1:0	10	1.0	DO 20 REPS, REST FOR 2-3 BREATHS, DO 5 MORE REPS, REPEAT UNTIL YOU CAN'T DO 5 REPS	Y
POWER SHRUG (OPTIONAL)	4	15-20	1:1:1:0	9	2.0	TO BE PERFORMED AT THE BEGINNING OF THE WORKOUT, USE MODERATE LEG DRIVE AND SHRUG UP TO YOUR EARS, STRETCH ON TRAPS AT THE BOTTOM	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

SUPPLEMENTAL

	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
WIDE GRIP PULL UP (CLUSTER SETS)	4	3	2:1:1:1	8	0.5	NOTE SHORT REST TIMES, 1.5X SHOULDER WIDTH GRIP, VERY SLIGHT LEAN BACK, AIM TOP USE WEIGHTED RESISTANCE HERE, INITIATE REPS FROM A DEAD HANG AND HOLD FOR 1 SECOND AT THE TOP	N
WIDE GRIP SEATED CABLE ROW (CLUSTER SETS)	8	3	1:0:1:0	8.5	0.5	NOTE SHORT REST TIMES, WIDE GRIP, NEUTRAL GRIP, HEAVY WEIGHT HERE WITH GOOD CONTROL	N

TOTAL WEEKLY VOLUME	52
ACTUALIZED WEEKLY BACK VOLUME	25

TOTAL TRAINING TIME:

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

BLOCK

2

BACK HYPERTROPHY PROGRAM: WEEK 7

STRENGTH FOCUS

BACK DAY 1	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
RACK PULL (ABOVE KNEE)	3	3	2:1:1:1	7.5	2.5	SET UP BARBELL JUST ABOVE THE KNEE, USE STRAPS AND A BELT AS NEEDED	N
1-ARM LAT PULL IN	2	12-15	2:0:2:0	7	0.5	PREACTIVATION, SMOOTH AND CONTROLLED REPS, GET A SLIGHT PUMP WITH LIGHT WEIGHT, DRIVE ELBOWS DOWN	N
WIDE GRIP PULL UP	4	6-8	2:0:1:0	9	2.5	1.5X SHOULDER WIDTH GRIP, VERY SLIGHT LEAN BACK, CONTROLLED REPS, ADD OR REMOVE RESISTANCE AS NEEDED	N
CHEST SUPPORTED T-BAR ROW	3	6-8	2:0:1:0	9	2.0	KEEP CHEST PINNED TO SUPPORT PAD, FULL STRETCH AT BOTTOM, SQUEEZE SHOULDER BLADES AT TOP	Y
B1. HALF KNEELING MOTO ROW	3	10-12	2:0:1:0	9	0.0	BRACE NON-ROWING HAND AGAINST KNEE FOR SUPPORT, LAT FOCUS: DRIVE ELBOW "DOWN AND BACK"	N
B2. HALF LYING MOTO ROW	3	10-12	2:0:1:0	9.5	1.0	SUPERSET WITH B1 ONE ARM AT A TIME, LIE ON STOMACH AND PULL CABLE "IN" TOWARD SIDES	Y
ROPE FACEPULL (SCAPULAR RETRACTION)	3	15-20	2:0:1:0	9	1.0	SET UP CABLES 6 IN. ABOVE EYE LEVEL AND PULL TO THE EYES, RETRACT SHOULDER BLADES, THINK OF AS A "HIGH ROW"	Y

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

BACK DAY 2	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
ROPE PULLOVER	2	15-20	2:0:2:0	9	0.5	KEEP ELBOWS TUCKED IN AT SIDES, DRIVE ELBOWS DOWN AND SLIGHTLY BACK, SMOOTH TEMPO	N
BENT OVER BARBELL ROW	3	8+2	2:0:1:0	9	2.0	OVERHAND, 1.5X SHOULDER WIDTH GRIP, 45 DEGREE BEND AT HIPS, 8 REPS FULL CONTROL, 2 "CHEAT REPS" USING MODERATE MOMENTUM	N
CLOSE GRIP SEATED CABLE ROW	3	12-15	2:0:1:0	8	1.5	RETRACT SCAPULAE ON EACH REP, FULL STRETCH ON LATS AT THE BOTTOM, KEEP LOWER BACK ENGAGED ON THE CONCENTRIC AND CORE TIGHT	Y
CLOSE GRIP LAT PULLDOWN	3	12-15	2:0:1:0	9	1.5	CLOSE GRIP, NEUTRAL GRIP, DRIVE ELBOWS DOWN AND MINIMIZE BICEP INVOLVEMENT	Y
C1. 1 ARM DB UPRIGHT ROW	3	15-20	2:0:1:0	9	0.0	STOP ROM ONCE ELBOWS REACH SHOULDER HEIGHT, LEAN SLIGHTLY BACK AND ENGAGE UPPER TRAPS	N
C2. REVERSE CABLE CROSSOVER	3	15-20	2:0:1:0	9	1.0	SET UP AT EYE LEVEL, PULL ROPE "UP AND OUT" LIKE IN A BACK DOUBLE BICEP	Y
LOWER BACK EXTENSION (MYO-REP)	2	20+5X	2:0:1:0	10	1.0	DO 20 REPS, REST FOR 2-3 BREATHS, DO 5 MORE REPS, REPEAT UNTIL YOU CAN'T DO 5 REPS	Y
POWER SHRUG (OPTIONAL)	4	12-15	1:1:1:0	9	2.0	TO BE PERFORMED AT THE BEGINNING OF THE WORKOUT, USE MODERATE LEG DRIVE AND SHRUG UP TO YOUR EARS, STRETCH ON TRAPS AT THE BOTTOM	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

SUPPLEMENTAL

	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
WIDE GRIP PULL UP (CLUSTER SETS)	4	3	2:1:1:1	8	0.5	NOTE SHORT REST TIMES, 1.5X SHOULDER WIDTH GRIP, VERY SLIGHT LEAN BACK, AIM TOP USE WEIGHTED RESISTANCE HERE, INITIATE REPS FROM A DEAD HANG AND HOLD FOR 1 SECOND AT THE TOP	N
WIDE GRIP SEATED CABLE ROW (CLUSTER SETS)	8	3	1:0:1:0	8.5	0.5	NOTE SHORT REST TIMES, WIDE GRIP, NEUTRAL GRIP, HEAVY WEIGHT HERE WITH GOOD CONTROL	N

TOTAL WEEKLY VOLUME	52
ACTUALIZED WEEKLY BACK VOLUME	25

TOTAL TRAINING TIME:

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

BLOCK

2

BACK HYPERTROPHY PROGRAM: WEEK 8

STRENGTH FOCUS

BACK DAY 1	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
RACK PULL (ABOVE KNEE)	2	2	2:1:1:1	9.5	2.5	2 NEAR-MAX EFFORT SETS! PUSH YOURSELF HERE, MAINTAIN PROPER FORM, GO HEAVIER ON SET 2 IF SET 1 IS RPE 9 OR LOWER	N
1-ARM LAT PULL IN	2	12-15	2:0:2:0	7	0.5	PREACTIVATION, SMOOTH AND CONTROLLED REPS, GET A SLIGHT PUMP WITH LIGHT WEIGHT, DRIVE ELBOWS DOWN	N
WIDE GRIP PULL UP	4	6-8	2:0:1:0	9	2.5	1.5X SHOULDER WIDTH GRIP, VERY SLIGHT LEAN BACK, CONTROLLED REPS, ADD OR REMOVE RESISTANCE AS NEEDED	N
CHEST SUPPORTED T-BAR ROW	3	6-8	2:0:1:0	9	2.0	KEEP CHEST PINNED TO SUPPORT PAD, FULL STRETCH AT BOTTOM, SQUEEZE SHOULDER BLADES AT TOP	Y
B1. HALF KNEELING MOTO ROW	3	10-12	2:0:1:0	9	0.0	BRACE NON-ROWING HAND AGAINST KNEE FOR SUPPORT, LAT FOCUS: DRIVE ELBOW "DOWN AND BACK"	N
B2. HALF LYING MOTO ROW	3	10-12	2:0:1:0	9.5	1.0	SUPERSET WITH B1 ONE ARM AT A TIME, LIE ON STOMACH AND PULL CABLE "IN" TOWARD SIDES	Y
ROPE FACEPULL (SCAPULAR RETRACTION)	3	15-20	2:0:1:0	9	1.0	SET UP CABLES 6 IN. ABOVE EYE LEVEL AND PULL TO THE EYES, RETRACT SHOULDER BLADES, THINK OF AS A "HIGH ROW"	Y

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

BACK DAY 2	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
ROPE PULLOVER	2	15-20	2:0:2:0	9	0.5	KEEP ELBOWS TUCKED IN AT SIDES, DRIVE ELBOWS DOWN AND SLIGHTLY BACK, SMOOTH TEMPO	N
T-BAR ROW (IN CORNER)	3	8+2	2:0:1:0	9	2.0	USE V-BAR ATTACHMENT, NEUTRAL GRIP, 45 DEGREE BEND AT HIPS, 8 REPS FULL CONTROL, 2 "CHEAT REPS" USING MODERATE MOMENTUM	N
CLOSE GRIP SEATED CABLE ROW	3	12-15	2:0:1:0	8	1.5	RETRACT SCAPULAE ON EACH REP, FULL STRETCH ON LATS AT THE BOTTOM, KEEP LOWER BACK ENGAGED ON THE CONCENTRIC AND CORE TIGHT	Y
CLOSE GRIP LAT PULLDOWN	3	12-15	2:0:1:0	9	1.5	CLOSE GRIP, NEUTRAL GRIP, DRIVE ELBOWS DOWN AND MINIMIZE BICEP INVOLVEMENT	Y
C1. CABLE ROPE UPRIGHT ROW	3	15-20	2:0:1:0	9	0.0	STOP ROM ONCE ELBOWS REACH SHOULDER HEIGHT, LEAN SLIGHTLY BACK AND ENGAGE UPPER TRAPS	N
C2. ROPE FACEPULL (EXTERNAL ROTATION)	3	15-20	2:0:1:0	9	1.0	SET UP AT EYE LEVEL, PULL ROPE "UP AND OUT" LIKE IN A BACK DOUBLE BICEP	Y
LOWER BACK EXTENSION (MYO-REP)	2	20+5X	2:0:1:0	10	1.0	DO 20 REPS, REST FOR 2-3 BREATHS, DO 5 MORE REPS, REPEAT UNTIL YOU CAN'T DO 5 REPS	Y
POWER SHRUG (OPTIONAL)	4	15-20	1:1:1:0	9	2.0	TO BE PERFORMED AT THE BEGINNING OF THE WORKOUT, USE MODERATE LEG DRIVE AND SHRUG UP TO YOUR EARS, STRETCH ON TRAPS AT THE BOTTOM	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

SUPPLEMENTAL

	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
WIDE GRIP PULL UP (CLUSTER SETS)	4	3	2:1:1:1	8	0.5	NOTE SHORT REST TIMES, 1.5X SHOULDER WIDTH GRIP, VERY SLIGHT LEAN BACK, AIM TOP USE WEIGHTED RESISTANCE HERE, INITIATE REPS FROM A DEAD HANG AND HOLD FOR 1 SECOND AT THE TOP	N
WIDE GRIP SEATED CABLE ROW (CLUSTER SETS)	8	3	1:0:1:0	8.5	0.5	NOTE SHORT REST TIMES, WIDE GRIP, NEUTRAL GRIP, HEAVY WEIGHT HERE WITH GOOD CONTROL	N

TOTAL WEEKLY VOLUME	51	TOTAL TRAINING TIME:	
ACTUALIZED WEEKLY BACK VOLUME	25		

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

BACK HYPERTROPHY PROGRAM: WEEK 9

DELOAD WEEK

STRENGTH FOCUS

BACK DAY 1	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
RACK PULL	2	6-8	2:1:1:1	5	2.5	SET UP BARBELL JUST BELOW THE KNEE, USE STRAPS AND A BELT AS NEEDED	N
1-ARM LAT PULL IN	2	12-15	2:0:2:0	6	0.5	PREACTIVATION, SMOOTH AND CONTROLLED REPS, GET A SLIGHT PUMP WITH LIGHT WEIGHT, DRIVE ELBOWS DOWN	N
WIDE GRIP PULL UP	2	6-8	2:0:1:0	6	2.5	1.5X SHOULDER WIDTH GRIP, VERY SLIGHT LEAN BACK, CONTROLLED REPS, ADD OR REMOVE RESISTANCE AS NEEDED	N
B1. HALF KNEELING MOTO ROW	3	10-12	2:0:1:0	8	0.0	BRACE NON-ROWING HAND AGAINST KNEE FOR SUPPORT, LAT FOCUS: DRIVE ELBOW "DOWN AND BACK"	N
B2. HALF LYING MOTO ROW	3	10-12	2:0:1:0	8	1.0	SUPERSET WITH B1 ONE ARM AT A TIME, LIE ON STOMACH AND PULL CABLE "IN" TOWARD SIDES	N

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

BACK DAY 2	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
ROPE PULLOVER	2	15-20	2:0:2:0	6	0.5	KEEP ELBOWS TUCKED IN AT SIDES, DRIVE ELBOWS DOWN AND SLIGHTLY BACK, SMOOTH TEMPO	N
BENT OVER BARBELL ROW	2	8	2:0:1:0	6	2.0	OVERHAND, 1.5X SHOULDER WIDTH GRIP, 45 DEGREE BEND AT HIPS	N
CLOSE GRIP SEATED CABLE ROW	2	12-15	2:0:1:0	6	1.5	RETRACT SCAPULAE ON EACH REP, FULL STRETCH ON LATS AT THE BOTTOM, KEEP LOWER BACK ENGAGED ON THE CONCENTRIC AND CORE TIGHT	N
OMNI-GRIP LAT PULLDOWN	2	12-15	2:0:1:0	6	1.5	3 DIFF. WIDTHS FOR 3 SETS: 2X SHOULDER WIDTH, THEN 1.5X SHOULDER WIDTH, THEN 1X SHOULDER WIDTH (ALL OVERHAND TO THE FRONT)	N

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

SUPPLEMENTAL

	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
NO SUPPLEMENTAL WORK THIS WEEK							

TOTAL WEEKLY VOLUME	20	TOTAL TRAINING TIME:	<input type="text"/>
ACTUALIZED WEEKLY BACK VOLUME	14		

*NOTE: REST TIMES ARE GIVEN IN MINUTES.